

**HUBUNGAN KADAR GULA DARAH SEWAKTU DENGAN KUALITAS
TIDUR PADA PASIEN DIABETES MELLITUS TIPE II
DI WILAYAH KERJA PUSKESMAS SEDAYU 2
BANTUL**

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INTISARI

Latar belakang: Penyakit DM tipe II tidak dapat disembuhkan, melainkan dapat dikendalikan dengan pengontrolan glukosa darah. Kadar gula darah yang tinggi sangat mengganggu konsentrasi untuk tidur nyenyak, dikarenakan seringnya keinginan untuk buang air kecil pada malam hari. Kadang muncul rasa haus yang berlebihan. Gangguan tidur menyebabkan berbagai gangguan seperti gangguan sistem kardiovaskular dan endokrin, serta memperberat persepsi nyeri.

Tujuan: Mengetahui hubungan kadar gula darah sewaktu dengan kualitas tidur pada pasien dengan diabetes mellitus tipe 2 di Puskesmas Sedayu 2.

Metode : Jenis penelitian ini menggunakan metode deskriptif analitik dengan rancangan *cross sectional*. Populasi dalam penelitian ini adalah semua pasien DM 2 yang diperiksa di Puskesmas Sedayu 2, berjumlah 44 orang. Analisa data dilakukan dengan menggunakan uji *chi square*.

Hasil Penelitian : Responden paling banyak dengan kadar gula darah tidak normal sebanyak 30 orang (68.3%) dengan kualitas tidur baik sebanyak 31 orang (70,5%). Hasil uji chi square didapatkan X^2 4,951 dengan signifikansi (p value) 0,035.

Kesimpulan : Ada hubungan yang signifikan antara kadar gula darah dengan kualitas hidup pasien Diabetes Mellitus Tipe II di wilayah kerja Puskesmas Sedayu II Bantul

Kata Kunci: kadar gula darah sewaktu, kualitas tidur

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**RELATIONSHIP BETWEEN BLOOD SUGAR LEVELS AS THE SLEEP
QUALITY IN PATIENTS OF DIABETES MELLITUS TYPE II
IN THE WORKING AREA OF SEDAYU HEALTH CENTER 2
BANTUL**

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ABSTRACT

Background: Type II DM is incurable, but can be controlled by controlling blood glucose. High blood sugar levels are very disruptive to concentration for deep sleep, because of the frequent desire to urinate at night. Sometimes excessive thirst arises. Sleep disorders cause a variety of disorders such as disorders of the cardiovascular and endocrine systems, and aggravate the perception of pain.

Objective: To determine the relationship between blood sugar levels and sleep quality in patients with type 2 diabetes mellitus at Sedayu 2 Health Center.

Method: This type of research uses descriptive analytical method with cross sectional design. The population in this study were all DM 2 patients who examined at Sedayu 2 Health Center, amounting to 44 people. Data analysis was performed using the chi square test.

Results: Most respondents with abnormal blood sugar levels were 30 people (68.3%) with good sleep quality as many as 31 people (70.5%). The results of the chi square test obtained X^2 4.951 with significance (p value) 0.035.

Conclusion: There is a significant relationship between blood sugar levels and the quality of life of patients with Type II Diabetes Mellitus in the work area of Sedayu II Bantul Health Center

Keywords: during blood sugar levels, sleep quality

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